Rules.

Think about all of those rules that live in your head and that guide your decision-making. For instance, for years, I had this rule in my mind: *You don't talk about your feelings in public.*

LIST ALL THE RULES YOU LIVE BY:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

If there are more (heck, you might have hundreds!), get another piece of paper and keep writing.

Where did they come from?

Getting to the core of your rules might take a little (or even a lot of) time. But uncovering the root of each rule is essential to eradicating it. My dad always used to say *"We don't talk about family business outside of these four walls"* and that became my rule. Because he said so.

THE RULE

THE ROOT

1. _____ _____
2. _____ _____
3. _____ _____
4. _____ _____
5. _____ _____
6. _____ _____
7. _____ _____
8. _____ _____
9. _____ _____
10. _____ _____

Are these rules working for you?

Rules aren't all bad. Some can be great. That said, many are detrimental to progress. If a rule is not working for you, it's time to replace it with a new rule.

For instance, I replaced *"You don't talk about your feelings in public."* with something much more healthy that works for me: *Be open and vulnerable whenever you can.*

THE RULE

IS IT WORKING FOR ME?

1. _____ ☐ Yes ☐ No
2. _____ ☐ Yes ☐ No
3. _____ ☐ Yes ☐ No
4. _____ ☐ Yes ☐ No
5. _____ ☐ Yes ☐ No
6. _____ ☐ Yes ☐ No
7. _____ ☐ Yes ☐ No
8. _____ ☐ Yes ☐ No
9. _____ ☐ Yes ☐ No
10. _____ ☐ Yes ☐ No

MY NEW RULES:

You get to call the shots—not your history. So write new rules that work for you. It can be a little daunting at first but OMG it is so worth it. Believe me, living by your own rules is way better than living by someone else's.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____